



THE SECRET OF BEING CONTENT

December 2021

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Philippians 4:12-13

I almost didn't get this devotional written. I'd run out of words, run out of strength, run out of the optimistic attitude I need to write here. In fact, my plan was to simply send you a picture with a Bible verse. In the space I'm in I can do pictures. But writing inspiring words seems beyond me.

I found the picture I'd like to use. It was taken on the Greek island of Naxos a few years ago.

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What a wonderful expression on the woman's face! Although it appears to me she must have experienced hardship, she exudes an attitude of optimism and joy.

I googled "optimism and scripture" to find out what my Bible said about optimism. One of the verses that came up was the one above, something the apostle Paul wrote, despite the circumstances he found himself in.

Paul was in prison when he wrote it, having been there a long time, falsely charged and unjustly treated! Now that's optimism! Through Paul, God encourages us, telling us that we can have the strength we need to be content, regardless of our circumstances. Through Christ it is possible. Christ is the source of real strength and it's available to all of us, no matter what.

Just reading Paul's powerful statement helps me believe that this kind of strength is available for me too. I can be content, relax, and find the strength to write something you might find helpful.

And now? Look at me! I've actually written you something! God did give me the strength to write. The picture of the woman was a big part of my inspiration. I want to be like her when I grow up.

marja